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NOT GETTING EIGHT HOURS A NIGHT? YOU MIGHT ACTUALLY BE BETTER OFF {page 11}



READY
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SCENE {page 9}

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Police mum over homicide

Body found Sunday outside quarry in East Uniacke RCMP have ruled man's death a homicide Police are withholding name of deceased man, cause of death

RYAN TAPLIN/METRO HALIFAX



▶ RCMP forensic identification officers walk through the crime scene in East Uniacke yesterday morning.



ALEX BOUTILIER
@METRONEWS.CA

A full day after ATV riders discovered a body in East Uniacke, RCMP have released few details into a Hants County homicide case.

Enfield RCMP were called to East Uniacke at 3:30 p.m. on Sunday after receiving reports of a deceased male in a wooded area.

The body was located approximately 100 yards into the woods off Beaver Bank Road near the East Uniacke Road intersection, along a well-worn all-terrain vehicle path. The path runs along a quarry located at 3660 Beaver Bank Rd.

An autopsy had not been scheduled as of press time yesterday.

RCMP spokeswoman Sgt. Brigdit Leger said releasing more details may compromise the investigation.

"(We're not releasing) Identity, age, ethnic origin, anything along those lines, not at this time," she said. "Our goal is to protect the integrity of the investigation."

Study

It's all in the family

Report highlights 'fluid' nature of the contemporary Canadian family Common-law the fastest-growing family type {page 5}

And then there were eight



What's ahead in the baseball post-season {page 25}

Don't worry, she's friendly

But Jessica Napier is certainly not a 'dog person' {page 8}

Get stewing for the fall

Time to get cooking with a warm-the-heart recipe {page 21}

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1 news

Car light-up nets couple a ticket

Cops ticketed a couple for smoking in a car with a child yesterday.

It's a rare event: Halifax Regional Police spokesman Const. Brian Palmeter said they've only issued about 35 tickets for the infraction since the rule came into effect April 1, 2008.

"It's not a Motor Vehicle Act violation, it's a Smoke-free Places Act," he said.

"Obviously these officers took note of it right away and took action which I have to commend them on.

"This is one that may get overlooked inadvertently but these officers observed it and wrote the ticket."

The officers stopped the vehicle in the 2400 block of Robie Street just before 9 a.m. yesterday.

Two adults — a man, 39 and a woman, 30 — were allegedly smoking in the vehicle with an eight-year-old boy inside.

There's a campaign to encourage drivers to call 911 if they see an impaired driver — but what if they see someone smoking in a car with a child or someone chatting on their cellphone while driving?

"We take statements and issue tickets on the statement, but the difficulty becomes when it's one person giving you information, then that person is going to be required to go to court and it can become a he-said-she-said situation," Palmeter said.

But Palmeter said police encourage people to call police if they notice infractions but they must be prepared to give a statement.

"Ideally we'd locate the vehicle and stop it," he said.

JENNIFER TAPLIN

$394.50

The cost of a ticket for smoking in a vehicle with a child.

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Is the road to investment heaven paved with gold? Allan Small investigates at metronews.ca/investing

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High-profile cases have put support groups for gay youth in the spotlight. Scan the code for the story.

N.S. gets cleanup help for ... Juan?

Federal government hands over $4 million in disaster-relief funds for 2003's Hurricane Juan



JENNIFER TAPLIN
@METRONEWS.CA

The feds are kicking in $4 million in relief for hurricane damage — Hurricane Juan, that is.

Vic Toews, minister of public safety, issued a release yesterday announcing the relief payment "towards response and recovery costs incurred by the province of Nova Scotia."

In total, the federal government has given the province $8 million related to the Category 2 hurricane which slammed into the coast on Sept. 29, 2003.

"We hope to receive another $18 million," said Paul MacNeil, manager of Disaster Financial Assistance at the province's Emergency Management Office.

Hurricane Juan cost the province about $35 million.

Seven years seems like a long time to wait for a relief payment, but MacNeil said this is how long it takes.

"We're doing this probably faster than other provinces," he said.

HRM is waiting for money too. Mayor Peter Kelly said the municipality received $11.5 million from the province for disaster relief for Juan and they want an additional $6 million.

Relief funds

Since 2003, the federal government has given Nova Scotia about $30 million for disaster financial assistance – that's including the $8 million for Juan in particular.

THE DAILY NEWS FILE PHOTO



▶ The damage to Point Pleasant Park from Hurricane Juan is seen in this 2003 file photo.

Boy's death 'suspicious': RCMP

The RCMP are releasing few details about the death of a toddler in Indian Brook, which is now being investigated as suspicious.

Indian Brook RCMP were dispatched to a residence on the reservation just before midnight on Friday, after receiving reports of a three-year old boy in cardiac arrest.

The boy, identified as Matthew James Raymond Peter-Paul, was pronounced dead shortly after his arrival at the Colchester Regional Hospital.

According to RCMP spokesman Sgt. Joe Taplin, an autopsy was completed the next day and the circumstances surrounding the death have been deemed suspicious.

"The information gathered from the autopsy is not being released," he said.

"But … (it) has led us to believe that the incident is suspicious in nature."

ALEX BOUTILIER

Investigation

The RCMP forensic identification unit, as well as the Northeast Nova Major Crime Unit, are investigating.

News in brief

Gun leads to four charges

CRIME. Four people face charges after police seized a handgun from a car.

Halifax RCMP searched the vehicle Saturday after being called to a home on Ponderosa Drive in Lake Echo. Spokeswoman Const. Tamu Bracken said four people showed up unannounced at a house party, and a gun was produced after someone was assaulted.

Witnesses said they saw a man with a gun leaving in a car with three other people. Officers located the car a short time later on Highway 7. Two 18-year-old women and two men, aged 19 and 21, face weapons-related charges. One of the women also faces charges of impaired driving.

METRO HALIFAX WITH FILES FROM THE CANADIAN PRESS

Startling allegations contained in letter

Anonymous letter first piece of evidence entered during tribunal Board looking at appeal of former Stellarton police chief's dismissal

There are startling allegations contained in a letter at the centre of Stellarton Police Chief Amby Heighton's dismissal hearing.

The anonymous letter raises questions about the conduct of several Pictou County RCMP officers, a former officer, and former area RCMP Staff Sgt. Ross Landry, who is Nova Scotia's current Justice Minister.

The letter was released to the public during yesterday's Nova Scotia Police Review Board tribunal hearing in Stellarton.

The hearing is being held to see if Heighton gets his job back following his dismissal by the town after six complaints in November 2007. Landry could testify as early as today.

NEW GLASGOW NEWS

Allegations

Some allegations in the letter include:

- Details of sex acts conducted by a then RCMP constable and his wife during a birthday party for a fellow officer.
- Allegations cocaine use took place following the departure of a senior officer from the party.
- Allegations an RCMP constable loaned a weapon to a woman in New Glasgow so she could feel safe.
- An off duty officer sees service pistol fall out of track suit while running in front of the chairman of the New Glasgow Police Commission.
- The letter says these incidents were reported to then Staff Sgt. Landry who, the letter says, did nothing in response.

Public Gardens. Enjoying the outdoors



Tim Hutchings rakes leaves during a sunny afternoon in the Public Gardens yesterday.

RYAN TAPLIN/METRO HALIFAX

October off to a pleasant start

The seasonable weather in the area is expected to continue with today's forecast calling for a mixed bag of sun and cloud with a chance of showers in the morning.

Tories begin process to 2014 election

Nova Scotia Progressive Conservatives have high hopes for 2014.

The party has released the first stage of a "visioning process" — called Outlook 2014 — that addresses grass-roots views on organization, fundraising and direction. "In 2014 we have a clear vision and purpose," the document states. "Not everyone likes us but we're respected for our integrity."

Other goals outlined in the document include better communication techniques, modernized fundraising practices, "superior organization," and strengthening local teams.

Outlook chair Andrew Black said the next stage, in conjunction with interim leader Jamie Baillie, is to set measurable standards against which those goals can be judged.

ALEX BOUTILIER

RYAN TAPLIN/METRO HALIFAX



Interim provincial Tory leader Jamie Baillie.

Online

- For more coverage visit metronews.ca/politicsasusual

News in brief

Official: Arrest isolated case

KNIFE. Halifax Regional School Board spokesman Doug Hadley said yesterday's alleged incident of a weapon being brought to Sir John A. MacDonald High School is something they don't see a lot of.

PHILIP CROUCHER

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Atlantica party looks to new riding

Nova Scotia's newest party will have a candidate in the Cumberland South by-election on Oct. 26.

Atlantica Party Leader Jonathan Dean has confirmed his fledgling party is looking for a candidate to run in the byelection and suggested either he or another executive member would run if the candidate search is unsuccessful.

Conservative Leader Jamie Baillie is running for the Tories, Kenny John Jackson for the Liberals and Scott McKee for the NDP.

AMHERST DAILY NEWS

Children hurt in PEI crash

RCMP were investigating a crash in western P.E.I. that sent six people to hospital, including four children on their way to school.

Const. Greg Tannahill says a van carrying five people — a 39-year-old woman, her two teenage daughters and two seven year olds — collided with another van at an intersection on Route 2 in Profits Corner.

THE CANADIAN PRESS

RYAN TAPLIN/METRO HALIFAX



▶ MacKay Bridge

MacKay faces lane closings

There will be lane closures during the evening hours this week on the MacKay Bridge.

Halifax Harbour Bridges announced yesterday one lane open in each direction from 7 p.m. until 5 a.m. beginning last night and running through Thursday. Several toll lanes in each direction will also be closed to make improvements to lighting, guardrails and median barriers. METRO HALIFAX

Canada Games Oval taking shape on the North Halifax Common **Long-track speed skating is an event many Nova Scotians haven't seen first-hand: Chris Morrissey, CEO of the Halifax 2011 Canada Games**

RYAN TAPLIN/METRO HALIFAX



▶ Catriona Le May Doan speaks to reporters in front of the outdoor Canada Games oval under construction on the Halifax Common.

Tracking the oval at Canada Games 2011



JENNIFER TAPLIN
@METRONEWS.CA

Watching a long-track speed skating oval being carved out of the Halifax North Common is thrilling for Catriona Le May Doan.

The world champion and Olympic gold medalist explained to reporters yesterday what a unique opportunity this venue will be for the community and the Canada Winter Games when it comes to Halifax in February.

"It's absolutely incredible to see this happen in Atlantic Canada," she said.

Construction started last month and required a major cut into the soil, said Terry Gallagher, HRM project manager.

"This is being built on top of a garbage site. In the 19th and early 20th century, this site was used as a landfill and what we're looking at now is the clay cap that was put on top of it to keep the garbage from oozing up," he said.

Refrigeration piping will be installed later this week and the project is on schedule — and on a budget of $2.1 million — for the ice to be ready by December. Le May Doan promised the ice will be high quality since several people from the Calgary Olympic Oval will be in Halifax to help.

"And I'll say having married one of the guys who made the ice in Calgary, you guys are going to have exceptional ice," she said, adding later she'd like to try it out when she broadcasts the competition in February.

"The Canada Games Oval has the potential to be the most exciting event at Games time."
CHRIS MORRISSEY, CEO OF THE HALIFAX 2011 CANADA GAMES



▶ Morrissey

Oval

Chris Morrissey, Chief executive officer of the Canada Games, talks about the oval.

- **Project cost** Expected to be $2.1 million
- **Free to all** Events will be free admission.
- **Practice times** Long-track speed skating clubs will be given dedicated practice times so they can have the chance at skating on a full-size oval. Also, there will be learn-to-skate public programs and daily open skates.
- **Masters** In January, the Oval will host the Fourth Annual Canadian Masters Championships – which is the first time a long-track competition will be held in Nova Scotia.
- **Practice times** It will be the first time an outdoor oval will be used for the Canada Games.
- **Practice times** Ice chillers will be used at a future outdoor skating rink

Quality of the Games will be best in country: Doan

The quality of competition on the Canada Games Oval will be the best in the country, said Catriona Le May Doan.

"About three-quarters of the Vancouver Olympians and medalists were Canada Games alumni," she said. "You are going to witness some of the future Olympians."

The fact it's an outdoor venue won't phase the competitors since more than half of competitions (including international) are held outdoors, Le May Doan added.

"Sometimes there's wind and snow and sleet, but everybody's used to that. I'm sure there won't be any world records broken and that's not the goal of these games," she said.

"To be on that huge 400-metre track in the open air, there's nothing like it, regardless of your skating ability."

JENNIFER TAPLIN

Blogger accused of spying

Syria has accused a 19-year-old blogger who is in prison of being a spy, an official said yesterday in the first comment from authorities on a case that sparked calls by a leading rights group for the young woman's release.

Tal al-Mallohi was taken into custody in December. Her blog, known for poetry and social commentary, focuses mostly on the suffering of Palestinians. It was not clear whether al-Mallohi's arrest was connected to the blog.

"She was detained on the accusation of spying for a foreign country," the Syrian official said. "Her spying led to an attack against a Syrian army officer by the agents of this foreign country."

The official did not specify for which country al-Mallohi allegedly spied.

THE ASSOCIATED PRESS

Let's talk about sex: Researcher

BOB CHILD/THE ASSOCIATED PRESS



▶ In this April 20, 2005 file photo, student Marissa Manzi wears a condom costume at an AIDS Awareness Day rally outside the state Capitol in Hartford, Conn.

New study takes an in-depth look at the sex life of Americans

The male-female orgasm gap. The sex lives of 14-year-olds. An intriguing breakdown of condom usage rates, by age and ethnicity, with teens emerging as more safe-sex-conscious than boomers. That's just a tiny sampling of the data unveiled yesterday in what the researchers say is the largest, most comprehensive national survey of Americans' sexual behaviour since 1994. Filling 130 pages of a special issue of the Journal of Sexual Medicine, the study offers detailed findings on how often Americans have sex, with whom, and how they respond. In all, 5,865 people, ranging in age from 14 to 94, participated in the survey.

The lead researchers, from Indiana University's Center for Sexual Health Promotion, said the study fills a void that has grown since the last 1994 study was published. The researchers said they were struck by the variety of ways in which the subjects engaged in sex — 41 sexual acts were tallied, encompassing vaginal and anal intercourse, oral sex, and partnered masturbation.

"Unless, like al-Qaida, you feel there's something abnormal about the American people, what these data say is, 'This is normal — everything in there is normal.'"
DR. DENNIS FORTENBERRY, PEDIATRICS PROFESSOR

Men are more likely to experience orgasm when vaginal intercourse is involved; women are more likely when they engage in variety of acts, including oral sex, said researcher Debra Herbenick, lead author of the section about women's sex lives.

THE ASSOCIATED PRESS

IVF developer wins Nobel Prize

Robert Edwards of Britain won the 2010 Nobel Prize in medicine yesterday for developing in vitro fertilization, a breakthrough that has helped millions of infertile couples have children but also ignited an enduring controversy with religious groups.

Edwards, an 85-year-old professor emeritus at the University of Cambridge, started working on IVF as early as the 1950s. He developed the technique — in which eggs are removed from a woman, fertilized outside her body and then implanted into the womb — together with British gynecologist surgeon Patrick Steptoe, who died in 1988.

THE ASSOCIATED PRESS

Controversy

- The Vatican is opposed to IVF because it involves separating conception from the "conjugal act" — sexual intercourse between a husband and wife — and often results in the destruction of eggs that are taken from a woman but not used.

Pumpkin weighs in at 644 kg

A gargantuan gourd tipping the scales at 644 kilograms has won a giant pumpkin weigh-off in Nova Scotia.

The winner of the weekend competition in Windsor was grown by Jeff Reid of Waterville, N.S.

THE CANADIAN PRESS

Londoners hit with tube strike

By foot, bike and new routes, commuters in London, England, scrambled to get to work yesterday during a one-day strike by the city's subway workers. Thousands of employees walked off the job Sunday evening to protest planned job cuts. THE ASSOCIATED PRESS

JONATHAN MONTPETIT/THE CANADIAN PRESS



▶ Misty Lyttle pays tribute to her brother, Sapper Steven Marshall, killed in Afghanistan in 2009.

Troops should stay: Families

Several members of Canadian families whose loved ones were killed in Afghanistan are calling on Prime Minister Stephen Harper to reconsider bringing the troops home next year. The families were on hand to attend a memorial service yesterday at Kandahar Airfield.

Frederick McKay, whose son Pte. Kevin McKay was killed earlier this year, says it's wrong to think that victory is impossible.

He says Canadian troops are winning small battles, like allowing children to go to school, and those victories will likely come to an end if the troop withdrawal goes ahead as planned next summer. "Over the course of the years to come, all these small victories will make the sacrifices that our guys are making here in Afghanistan worthwhile," McKay said. "You can't do that if we bring them home."

Canadian troops are doing good work and it's too soon to pull them out, added Ann Bason, whose son Master Cpl. Colin Bason was killed in 2007.

THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS



▶ Swine on the loose.

Pigs meet their end en route

Fifty frightened pigs wandered around a Toronto highway on-ramp yesterday as 81 others lay dead or dying amid the squealing and grunting cargo of a transport truck that rolled over. THE CANADIAN PRESS

Canadian families defy stereotyping

If there were one way to pigeonhole the typical Canadian family, it would be this: There is no such entity as the typical Canadian family.

The country's modern family comes in all shapes and sizes and is constantly shifting its makeup, suggests a report by the Vanier Institute of the Family released yesterday.

The report says today's families are smaller than in the past and adults wait longer to marry, if they tie the knot legally at all.

Common-law unions are becoming far more prevalent as an alternative — not just a prelude — to a formal walk down the aisle.

The document, much of it based on 2006 census data, says the proportion of legally married Canadians has been falling over time, with about 48 per cent of adults reporting they were legally married that year.

However, the institute found there are more couples without children in Canada than those with children. THE CANADIAN PRESS



Great-West Life ordered to pay

Class-action suit costs firm $455.7M
Eligible policyholders will receive average of $300 if verdict upheld

Nearly two million policyholders of Great-West Life-co Inc. and its London Life subsidiary could get payouts after the company lost a class-action suit over the financing of an acquisition it made 13 years ago.

A $455.7-million settlement is set to be distributed amongst 1.8 million Canadians after a judge in London, Ont., ruled Friday that Great-West breached sections of the Insurance Companies Act when it transferred money from the accounts of subsidiaries London Life Insurance Co. and Great-West Life Assurance Co. to finance the 1997 takeover of London Insurance Group.

Justice Johanne Morissette ordered Great-West Life to pay $372 million to policyholders of London Life and $84 million to those of Great West Life.

THE CANADIAN PRESS

Retail. Seasonal



▶ Future Shop says it plans to hire more than 4,000 seasonal employees across Canada for the holiday shopping season.

KEN FAUGHT/TORSTAR NEWS SERVICE

Holiday jobs in the Future

Electronics retailer Future Shop plans to beef-up its workforce by more than 40 per cent during one of the busiest times of the year.

Potash takeover could cost Saskatchewan $2B

A successful takeover of Saskatchewan's PotashCorp could slash the province's revenues by at least $2 billion over the next decade while having little or no net effect on employment, according to a report commissioned by the province.

The Conference Board of Canada report, released yesterday, seemed to indicate that there will be little short-term benefit to Canada if international mining giant BHP Billiton is successful in its hostile bid for PotashCorp.

The Saskatchewan government will consider the report's findings before it provides its views on the $38.6-billion US takeover offer to Ottawa. Under the Investment Canada Act, the federal government needs to determine if the bid is of net benefit to Canada before it can be approved. THE CANADIAN PRESS

"This report will help to inform our view of whether an ownership change represents a net benefit to Canada and to the people of Saskatchewan."
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DOGS AREN'T EVERYONE'S BEST FRIEND

She says ...

JESSICA NAPIER



Telling someone you're "not a dog person" is like announcing you don't like babies, or sunflowers or snickerdoodle ice cream. People look at you like you need to spend a week at re-education camp.

I know. I don't like dogs and I'm not feelin' the love. Since I've never actually had a dog, people like to inform me that I just don't get it.

Dog lovers are a cliquey bunch and I've never felt like I belong. As an outsider looking in it just seems like a strange sort of thing to become so emotionally involved with. I wouldn't tolerate a loud, messy, needy man in my life so how could I justify committing to a pet with the same character traits?

I recognize the many virtuous qualities of these domesticated beasts. They hold a very important place in our society as both service animals and loyal companions. I don't hate dogs, but I'm also not particularly interested in being around them. Dogs might be man's best friend, but they're certainly not mine.

I don't talk openly about my affliction. And for good reason. Devoted dog people tend to assume that everyone will worship their beloved pet as much as they do. Even when I offer many valid reasons for feeling uncomfortable around these animals (mild allergies, a distaste for dog hair on black clothes, and a little bit of genuine fear) a dog owner will inevitably form the conclusion that their precious pooch is different and special enough to sway my opinion.

"Please understand it is not adorable when your slobbering 70-pound canine corners me in an elevator. And assuring me with the phrase, 'Oh, don't worry, he's very friendly,' doesn't make me feel any better while I desperately fend off his unwelcome advances."

Furthermore, they often believe that anything their dog decides to do is not only completely excusable, but is also incredibly endearing.

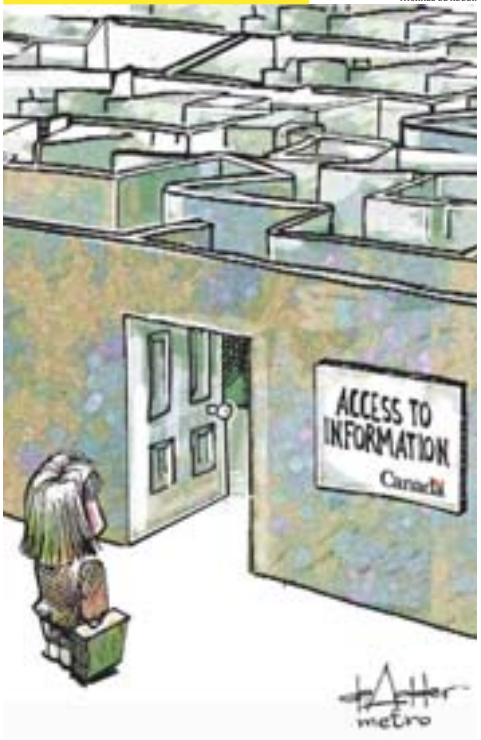
Please understand it is not adorable when your slobbering 70-pound canine corners me in an elevator. And assuring me with the phrase, "Oh, don't worry he's, very friendly," doesn't make me feel any better while I desperately fend off his unwelcome advances.

A dog that spends a minute and a half aggressively sniffing at my crotch is not friendly; it's trying to get to third base.

Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Making cyberspace safer

Worth mentioning

The federal government has launched a major effort to make the Internet safer.

Canada's cyber security strategy, announced in last spring's budget, will cost $90 million over five years and $18 million in ongoing funding.

It aims to secure federal computer systems and join other governments and industry to "ensure systems vital to Canadian security, economic prosperity and quality of life are protected."

The strategy will also boost education and awareness to better help Canadians keep personal information secure when online at home and at work.

Public Safety Minister Vic Toews says cyberspace — and its accompanying threats — are constantly evolving. "It's time to take protection of Canada's cyberspace to the next level."

Under the measures announced yesterday, Ottawa is investing $3.5 million in a 24-hour-a-day Information Protection Centre to combat hackers and cyber attacks.

Natural Resources Minister Christian Paradis said the program will help defend vital systems, such as those protecting energy infrastructure, as well as help Canadians shield personal information online.

THE CANADIAN PRESS

Net protection



What's the dumbest purchase you've ever made?

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Metro Minute with Fall for Flamenco

The Fall for Flamenco festival is in full swing throughout Halifax.

The two-week event opened over the weekend and runs through Oct. 20. The festival, in its fifth year, offers everything flamenco — from free concerts and performances by local and visiting artists to beginner and advanced workshops for those looking to learn more about the popular Spanish art form.

Events will be held around various venues in Halifax, with the highlight Oct. 14 and 15, when La Zambra takes to the stage.

Complete details for the festival are available at flamencofestival.ca or by phone at 461-0143.

METRO HALIFAX

RYAN TAPLIN/METRO HALIFAX



▶ Fall for Flamenco runs through Oct. 20.

SUBMITTED



▶ Melissa McCarthy as Deedee and Katherine Heigl as Holly Berenson in the romantic comedy Life As We Know It, a Warner Bros. Pictures release.

Art imitates life in Heigl's latest flick

Actress co-stars with Josh Duhamel in new romantic comedy ◐ Script hit close to home as she becomes a mom to adopted daughter Naleigh

NED EHRBAR
SCENE@METRONEWS.CA

"You guys don't mind? It's not real," Katherine Heigl says as she brings a pink metal electronic cigarette to her mouth, an LED in the tip glowing blue as she inhales, blue mist escaping as she exhales.

The device is to help kick her smoking habit. "You get your hit of nicotine but you blow out water vapor. You're not inhaling tar, there's no carcinogens. And they say nicotine is no worse for you than coffee. I mean, a few people say that, so I'm going with that."

A new mom to adopted daughter Naleigh, Heigl is keen to quit smoking, just one of the changes she's made since becoming a parent. That change in life made it easy to take on her latest project, Life As We Know It, in which Heigl and co-star Josh Duhamel are thrust into parenthood when their best friends die and leave them custody of their infant daughter.

"I related to the movie because in my own life I was getting ready to become a mom and wanting to start a family, but I didn't expect to be doing both at the same time, so it was interesting and overwhelming for sure," she says.

"I couldn't show up to set with the same kind of focus I had in the past on other projects because I was really distracted," Heigl says. "So what you see in my performance is pretty much who I was at that time and all I had. I gave it all I've got, but there wasn't a lot of craft involved at that point. It was just instinct. It was a fascinating psych experiment."

Heigl quoted

Jumping into parenthood requires some thought — but not too much.

"It's one of those things you just have to dive in blind, otherwise you'd never do it. Because it is just so intense. This child is in my care, she's mine. She is my responsibility ... I think mothers look at their children like the second coming. You look at them and go, 'They're so smart, they're so beautiful.'"

DVD Releases this week Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ | Borrow it ◍◍◍ | Yawn ◍◍ | Don't bother ◍

Karate Kid misses the mark

The Karate Kid
Genre: Action
Director: Harald Zwart
Stars: Jackie Chan, Jaden Smith, Taraji P. Henson
◍½

The millennial reboot of the 1980s fist-waver puts so much more upon the slim shoulders of our teachable victim, now played by Jaden Smith, the 11-year-old son of doting Hollywood parents Will Smith and Jada Pinkett Smith.

So desperate are the Smiths to have Jaden join the family firm, they've shoe-horned him into a role requiring dramatic, comedic and romantic chops that are beyond his slim abilities.

He's woefully out of his league filling Ralph Macchio's sneakers. The film indulgently runs 2:20, at least a half hour more than it needs, while delivering less fun and inspiration than before.

Jackie Chan assumes Pat Morita's spry sage of a handyman/teacher, now called Mr. Han, and the casting here is also wrong, but from an opposite direction.

The likeable Chan is too qualified for this role since everybody knows he's capable of bringing the pain when the kung-fu (not karate) begins.

Robbed of the original film's surprise reveal of the guru's skills, and the reason for the mysterious repetitive tasks he demands, we know it's just a matter of marking time — lots of it — before the fists and feet start flying.

PETER HOWELL



2 scene

In brief

Usher and his mother have reconciled, but he still wishes she hadn't boycotted his wedding three years ago.

In an interview with Vibe magazine, the 32-year-old says he was "very disappointed" his mother decided not to witness his marriage to his former stylist, Tameka Foster. The two divorced last year.

Usher says he "wouldn't do that to my child." The singer says "parents should be able to have unconditional love for their children and their decisions, regardless of how they feel."

Usher and Foster have two-year-old and one-year-old sons. Usher's mother used to manage his career.

The October/November issue of Vibe hits newsstands Oct. 12.

THE ASSOCIATED PRESS



Die Hard director gets one year in jail for lying about Hollywood wiretapping case

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SECOND CUP


▶ Britney Spears

Britney to make a big comeback

Rumoured to be working on major album ◐ Taking back control of life

Britney Spears is quietly gearing up for a major comeback, with an album in the works tentatively scheduled to be released next year, according to Radar Online.

Spears has reportedly already finished three tracks for the new album. And she's also reportedly ready to take back control of her life, looking to end the conservatorship within the next three months.

"Britney has made tremendous progress in the past three to four months. She seems to be firmly in control again," a source tells the website.

METRO

Celebrity tweets


Kirstie Alley [@KirstieAlley] Boo!


Ben Stiller [@RedHourBen] Excited for the Knicks this year! It's been too long.


Amy Winehouse [@Amyjademermaid] Ronson, you're dead to me; one album I write an you take half the credit — make a career out of it? Don't think so.


Steve Martin [@SteveMartinToGo] Marijuana laws loosened in California. Tour bus suddenly smells like old socks.

METRO

Donnie Wahlberg and wife finalize divorce

Donnie Wahlberg is the new single kid on the block.

Court records in Simi Valley, Calif., show the actor-singer and his wife of nearly nine years finalized their divorce on Sept. 28.

The pair each filed for divorce on the same day in August 2008 and reached an out-of-court settlement in the case, which was handled at a Ventura County courthouse about 38 miles northwest of downtown Los Angeles.

The pair, who were married in 1999, have two sons.

Wahlberg was a member of the boy band New Kids on the Block, which was intensely popular in the late 1980s and early 1990s, and have reunited in recent years.


▶ Donnie Wahlberg

The 41-year-old is also an actor, appearing in series such as Band of Brothers and the new police drama Blue Bloods.

THE ASSOCIATED PRESS

Jessica Alba afraid of nude scenes



Jessica Alba may be considered a great beauty, but she admits she's not her own biggest fan. "Every actress out there is more beautiful than me," Alba tells British GQ.

"I've never been comfortable showing my body off. I used to have anxiety attacks before shoots. I'll never do a nude scene. I can act sexy and wear sexy clothes, but can't go naked."

METRO

Talking points

Ready to go public?

LOVE AT FIRST SIGHT. Middle Jonas Brother Joe Jonas is reportedly "head-over-heels" for Twilight star Ashley Greene, according to People magazine. According to a source, he thinks she is down-to-earth, absolutely beautiful and he hasn't been this into a girl in a long time.



While the pair have allegedly been dating quietly for the past two months, they've been spotted out lately on a date at Disneyland and holding hands while shopping at a pharmacy, suggesting they're ready to go public. A rep for Jonas had no comment.

METRO

No date nights for Moore

MARRIAGE REALITY. Julianne Moore admits that she and longtime husband, film producer Bart Freundlich, find making time to have a weekly date night "kind of impossible" because of their hectic schedules she says.

"I admire people who manage that," she says. "We try to get out when we can. We're like any other couple. It's always difficult."

METRO

Perry to wed this month

AN INDIAN WEDDING. Katy Perry and Russell Brand are reportedly set to tie the knot later this month in India — and they're planning on having a weeklong celebration.

Friends and family of the couple recently received save-the-date cards from Perry and Brand saying, "Meet you in Delhi in October. Dates to follow. Please allow seven days for this event," says a source.

About 75 to 100 guests will be staying at a resort in India and the ceremony is going to be held at an ashram.

METRO



ISTOCK PHOTO



▶ The researchers found that the best survival rate was in women who slept between 5 and 6.5 hours a night.

Less sleep can help extend life

New study shows getting five hours of sleep is associated with longer life span ◐ Flies in the face of traditional belief you need eight hours

CELIA MILNE
LIFE@METRONEWS.CA

Only sleeping five hours a night? You may live longer than your friends.

A study done at the University of California, San Diego has found that sleeping between five and six-and-a-half hours a night is associated with the greatest longevity, at least in women over 50.

This may be great news for women who aren't getting as much sleep as they used to, and are worried about it.

A team of scientists did a two-part study. The first stage took place between 1995 and 1999. They monitored the sleeping habits of 459 women between the ages of 50 and 81 living in California.

Then, 14 years later, the scientists returned to study the same group and found details on 444 women. Of those, 86 had died.

The researchers were surprised to find that the best survival was in women who slept between five and 6.5 hours a night. Women who slept less than five hours a night or more than 6.5 hours were less likely to be alive at the end of the 14 years.

3.3M

If you've got sleep issues, you're certainly not alone. An estimated 3.3 million Canadians over age 15 have problems getting enough sleep.

"This means that women who sleep as little as five to six-and-a-half hours have nothing to worry about since that amount of sleep is evidently consistent with excellent survival," reported lead author Dr. Daniel Kripke, professor emeritus of psychiatry at UC San Diego school of medicine.

The study was published online in the journal Sleep Medicine.

Shift workers

Don't work nine to five? Feeling sleepy? About 25 per cent of workers in Canada do some kind of shift work, and this obviously affects sleep and health. Studies show people who work shifts are at higher risk for cardiovascular diseases, and this may be related to sleep disturbances. Here are some tips from the National Sleep Foundation to deal with shift work sleep problems:

- Avoid long commutes.
- Avoid working overtime.
- Take short naps during the shift if there is down time.
- Interact with others to keep you alert when necessary.
- Try to be physically active on a regular basis.
- Do the most boring tasks near the beginning of your shift.
- If you are working nights, you'll probably be most tired around 4-5 a.m.
- It's OK to drink caffeine near the beginning of your shift.

3 life

Healthy bites



Curves
We're envying the natural curves flaunted by actress Christina Hendricks (pictured). We cheer this shift from the skinny to sexy.

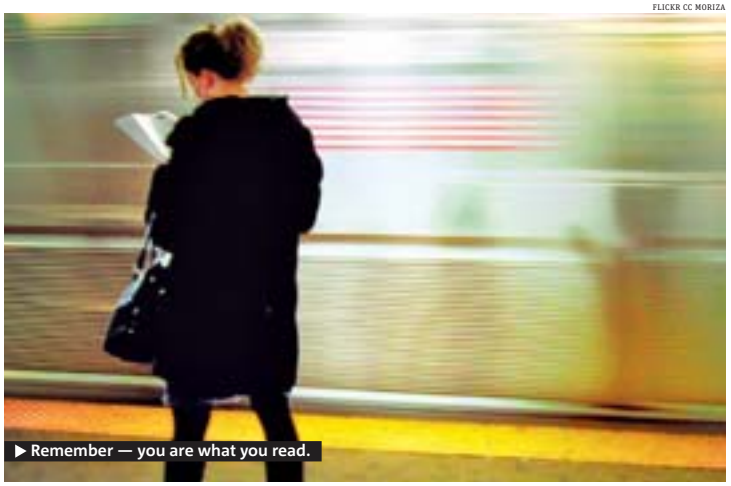
Detoxing
Summer's over and we have developed a taste for lunchtime drinking. Now we are faced with a health and reality check.



Prostate cancer patients on hormone therapy should be aware of fracture risk: Doc



FLICKR CC MORIZA



▶ Remember — you are what you read.

Judging a book by its cover ... and the person behind it

Bibliotherapy is the antidote to Prozac and psychotherapists. Getting under someone else's skin can help overcome the grittiness of everyday life.



ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Prose over Prozac

"We want to spark people's imagination and show them that worlds exist other than theirs. Reading provokes empathy with people you have no relation to, from different cultures, religions and even ones who have committed atrocities," says Ella Berthoud, co-founders of Bibliotherapy, a one-to-one book prescription and soft therapy — less hard core than being prescribed Prozac.

Berthoud wants us to treat reading as an outlet allowing us to escape the harshness of everyday reality, as well as a form of therapy for people with 'serious-but-not-so-serious' problems.

The idea of prescribing books to heal sorrows or complaints came from Berthoud's theory that — say your mother runs off with your teacher or your aunt is dying of cancer. You ought to be prescribed a book that would lift your spirits, help you disconnect, or that you could relate to, rather than seeking traditional therapy or popping open the pills and seeking escape through those means.



"We spoke about the idea of bibliotherapy as a one-to-one service people could use if they didn't have a seriously big issue, but rather needed to get through the nitty-grittiness of everyday life."
ELLA BERTHOUD

Putting the prescription on paper

"We spoke about the idea of bibliotherapy as a one-to-one service people could use if they didn't have a seriously big issue, but rather needed to get through the nitty-grittiness of everyday life," says Berthoud.

Her clients tend to be recent divorcees, people looking for love or facing recent bereavement.

Reading fiction (and occasionally non-fiction) becomes an alternative to therapy and medication.

Individual prescriptions of up to eight books and their significance are sent to the client following a questionnaire and short phone conversation.

The questionnaire asks for personal details in order to pinpoint at what stage the client is in their lives (single or married, career, age), and more about authors they love, ones they hate and books they have read as a child or young adult.

Berthoud and her team then mull over ideas and discuss the prescription according to the client's individual needs and complaint, explaining why each book is good for them.

Flick to the dream

Bibliotherapy reflects someone's situation and individual needs.

"Most of the time, people come to us seeking something unrelated to real life, and that will make them dream or laugh out loud. They are after pure escapism, a book that will transport them into a crazy adventure with the flick of a page," explains Berthoud.

It may not be profound, but it's good therapy and tuned to each individual. Next time, think twice before judging a book by its cover.

'Refocus on the small things'

Morgwn Rimel is the Director of the School of Life. She explains the schools' aim and mission to Metro

"The School of Life is aimed at those interested in personal fulfilment and leading a better life. We help people re-focus on the small things of life that they struggle with such as love, work and their family. We look at history and past ideas about culture and life and pick out the ones that are still relevant and can be applied to today's society. The truth is, little has changed over the past 2,000 years when it comes to basic human needs and desires. The school is a space where like-minded people can think deeply and allow their intellect to be a little more adventurous. The school is the opposite of self help. It doesn't offer band-aid solutions to life's problems like how to be in a relationship — stuff you don't learn at school — but real life solutions."



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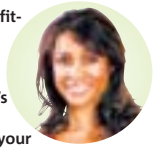
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How to bring your body up to speed



Celebrity fitness trainer Ramona Braganza's tips on bringing your body up to speed.

1 **Don't skip breakfast if you want to kick-start your metabolism first thing in the morning.** The best breakfasts are ones that combine protein and complex carbs in one meal, such as an egg omelet with vegetables or oatmeal and yogurt.

2 **Eat small meals and snacks throughout the day.** This will keep your body fueled and burning. My rule is three meals, two snacks and a minimum of one liter of water a day.

3 **Drink water all day long to stay hydrated.** This will ensure that all systems such as digestion and metabolism are functioning at optimum levels.

4 **Increase metabolism by including intervals during your session.** This will push the body and you will get better results.

5 **Include weight training in your workouts.** Building muscle will increase your metabolism because sustaining muscle tissue requires more energy from the body. You will be burning calories just to keep up, even when you are sleeping

For more tips on how to keep your body healthy check out ramonabraganza.com

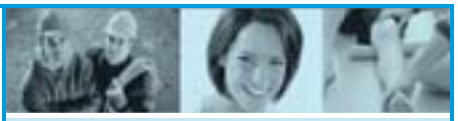
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WELLNESS EXPO

Living the good life

Wellness EXPO returning to Halifax

The Wellness EXPO is returning to Halifax Oct. 16 and 17. Taking place at the Halifax Forum's Multi-Purpose Centre, the EXPO will feature over 70 exhibitors from the fields of wellness, health and personal growth.

The EXPO will allow people to connect with the leading practitioners in the field. "That's what these shows are all about," says the EXPO's owner/organizer Shivaraj Ishaya. "You can get out there and meet the people that you might buy from or use services from."

The EXPO will also feature 30-minute mini seminars both days, covering topics such as nutrition, meditation and how to lose weight in a healthy way.

"There are all kinds of things to learn and it's all included in the price," says Shivaraj. This year for the first time, there is an early-bird special available. *(See sidebar for details.)*

Another new feature this year will be the Massage-a-thon hosted by the Massage Therapy Association of Nova Scotia (MTANS) to celebrate its 20th anniversary. Everyone is invited to receive a 10 to 15 minute massage session compliments of MTANS members, who are all Registered Massage Therapists. Cash donations are not required, but will be accepted on behalf of the Community Foundation of Nova Scotia.

The importance placed on overall wellness has increased in recent years, says Shivaraj.

Photo: Dr.Marek Roland, Canada



There will be 70-plus exhibitors at this year's Wellness EXPO

"A lot of people are looking to deal more with the mental/emotional side of health, rather than just the physical side," he says. "I think there's been a trend towards services and products that help people with that side of wellness.

"To be really well, you have to feel good too. Your body just won't run optimally until your mental and emotional states are functioning well. Our mind and body are connected, but the mind is the ruler. If we are not in a good mental/emotional state, then the body produces chemistry that becomes toxic that builds up and leads to ill health. So you could be physically fit and look good, but if you're not feeling good emotionally, it will eventually lead to health problems. To be truly well, you have to look at the whole package."

Shivaraj says his goal for visitors of the Wellness EXPO is to have them walk away having learned something new and then to use that piece of knowledge to improve their lives. "I think that would be the ultimate," he says.

Buy early and save

The Wellness EXPO has a special offer for people who purchase tickets to the event through its website (Wellness-EXPO.com) before Friday, Oct. 8. While a ticket normally costs $8 per day or is $12 for the weekend pass, people can buy a full weekend pass for only $5.

Besides the savings, people who take advantage of this special will also receive an exclusive package the exhibitors are putting together, which includes discounts and special offers.

"It's an incentive to act early and help spread the word," says the EXPO's owner/organizer Shivaraj Ishaya.

There will be informative seminars all weekend long at the Wellness EXPO and these are included in the price of admission. The list of seminars can be found on the EXPO's website (Wellness-EXPO.com). Below are two examples of seminars.

Seven Ultimate Secrets to Health and Longevity
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Getting to the root of the problem

Alexander Technique corrects faulty postural habits

Tasha Miller compares the Alexander Technique to a Swiss Army knife: No matter what life throws at you, you'll be prepared for it.

The Alexander Technique is a method of correcting people's faulty postural habits and is named after the person who developed the method, Frederick Matthias Alexander.

"It's a process of undoing all those faulty habits people have cultivated as a result of a lack of knowledge [about posture]," says Miller.

By getting rid of these faulty habits, it allows people's natural postural reflexes to take hold, thus improving their health.

These habits can take a toll on people's personal and professional lives and lead to things such as back pain, depression and neck pain.

Miller, along with her partner David Langstroth, co-directs Alexander Technique Atlantic, a HRM-based business which helps people improve their health and wellbeing through the use of the Alexander Technique.

Miller will be one of the exhibitors at this year's Wellness EXPO.

The Alexander Technique is taught using a combination of verbal instructions and guidance from the instructor's hands. Rather than treating the symptoms, the Alexander Technique looks at the underlying cause and addresses that.

"Many models tend to be either physical or psychological, so there's this divide," explains Miller. "Whereas the model we're offering is a psycho-physical model. Whatever the problem is, we approach it as a whole."

She says it's important that people realize they are going to be actively engaged in the process.

"They're not going to lie down somewhere and have something done to them and then walk away," says Miller.

To achieve success in resolving their problems, students must have ownership in the process, realize there is a tool available to help them, have the desire to learn and continuously work on their posture.

Miller has been teaching the Alexander Technique for close to 30 years. She and Langstroth wrote a widely respected book on the subject and she is the creator of the innovative iPAC way of teaching it.



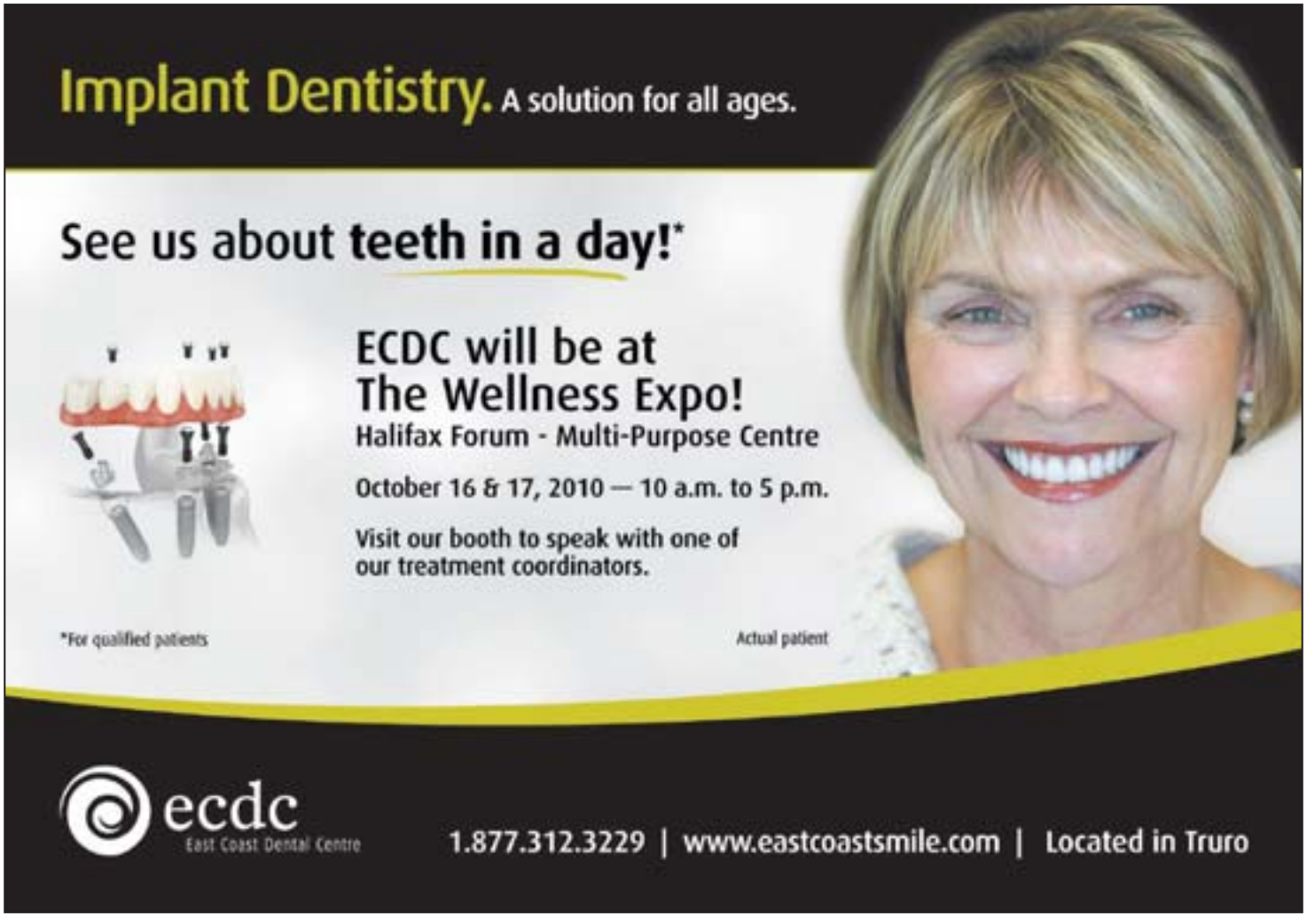
Tasha Miller (left) has been teaching the Alexander Technique for close to 30 years.

The story behind the Alexander Technique

The Alexander Technique is named after the person who developed it, Australian actor and Shakespeare orator Frederick Matthias Alexander (1869-1955).

Alexander developed the technique because he struggled with persistent bouts of losing his voice during performances. Although he sought medical advice and it helped, improvements were only temporary, so Alexander decided to figure out what the problem was on his own.

He set up a series of mirrors to carefully watch how he performed and he learned that excess tension in his neck and body were source of his problems. Using this newfound information, he began to change his habits and his health improved dramatically.



The Face Readers return

Popular exhibitor helps people better understand themselves



Jennifer Adamson is part of the dynamic duo that makes up The Face Readers.-use with story three

The Face Readers will be one of the 70-plus exhibitors at this year's Wellness EXPO.

Face reading involves looking at a person's physical features and describing the personality based on those features.

"They're very accurate," says Tony Kawaja, who along with his colleague Jennifer Adamson make up The Face Readers. "It tells them so much about themselves and it reaffirms who they are meant to be. We get a lot of 'Oh yeah, I'm just like that!'"

Kawaja says face reading is all about self-discovery or "re-membering" who you are. It is also popular with couples who seek to better understand their partners.

"They learn about one another, but they really learn about themselves," says Kawaja. "It affirms aspects of themselves that are not conscious, yet known on a deep cellular level.

At the EXPO, Kawaja and Adamson will be doing mini 10-minute readings at a cost of $20. Through these readings, Kawaja says it gives people a glimpse of how deep and informative the workshops are that the pair put on.

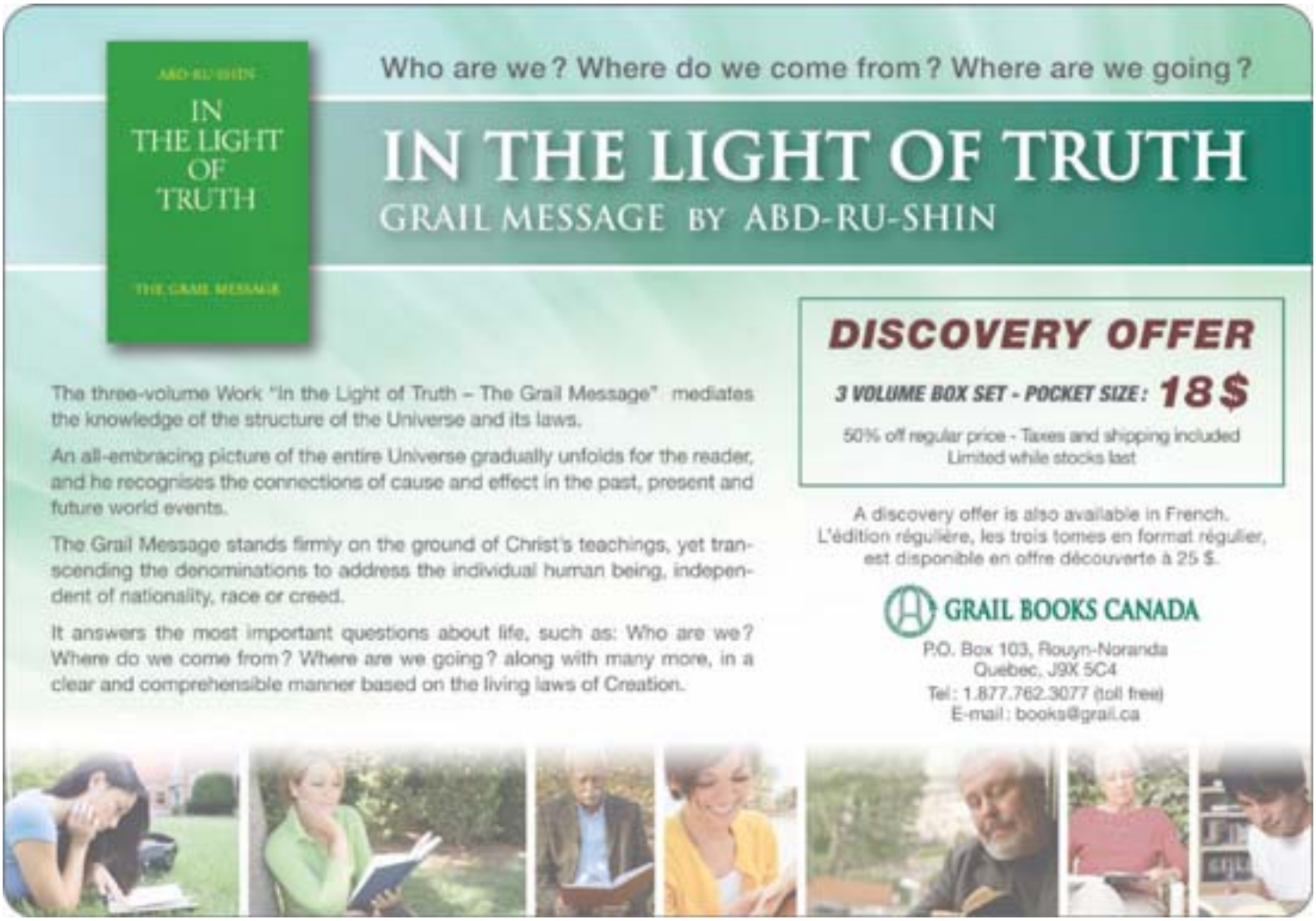
While in Halifax, this dynamic duo from Toronto will be holding two free lectures as well as facilitating two workshops: The Art of Reading Faces and Body Mind Analysis, the first two of a series of six workshops accredited by the Australasian Institute of Body-Mind Analysis and Psychosomatic Therapy and recognized in Human Relations by the Canadian Examining Board. Additional information can be found on their website, inyourbodyoutofyourmind.com.

Adamson hopes that after having a face reading, people will open up to being more comfortable with who they are.

"I would hope that they walk away feeling more comfortable in their skin, being a little bit more of who they were meant to be and less of who anybody else wants them to be and have a little bit more courage to say, 'This is the way I operate and this is what's comfortable for me,'" she says.

Face reading affirms aspects of themselves that are not conscious, yet known on a deep cellular level

– Tony Kawaja



The business of wellness

Aura scan and aromatherapy products popular at Casaroma Wellness Centre

At its location at Alderney Landing, Casaroma Wellness Centre has carved out a niche for its aromatherapy products.

"Basically, we make all of our products on site and we make a lot of custom blending, which is what our forte is," says co-owner Laurena (Lee) Fisher.

Aromatherapy involves the use of essential oils (which are extracted or distilled from plants) for the purpose of improving a person's health.

"The essential oils work with the olfactory system and work directly on the brain," says co-owner Allana Downie.

The oils trigger a response in the human body, something that synthetic chemicals can't do.

"It's the natural chemicals in the oils that activate your natural body, so it won't happen when you make it in the lab," explains Downie.

Casaroma is well known for the quality of its oils. The business works with small distillers to find the highest quality oils and even takes the quality measure one step further by getting the oils tested to ensure for purity.

With over 80 oils to choose from, Casaroma is able to customize products to their clients' needs and sells products such as shampoos, shower gels, massage oils and creams.

One of the reasons for Casaroma's popularity at the Wellness EXPO is its aura scan. An aura scan is a way to create an image of the energy field in a person's body and give a snapshot of things such as vitality, fatigue and empathy.

This is achieved by placing one's hand on a device that takes readings from the hand and inputs it into a computer.

These results are also quantified and ideally, the results should fall within a certain range of numbers.

"What I find so exciting is what we can do to change it," says Downie. "Your energy is not a static thing." Even something as simple as using different coloured sunglasses can have an immediate effect on people's results.

***Casaroma** works with the small distillers to find the highest quality oils, and has the oils tested to ensure purity*



The friendly staff from Casaroma Wellness Centre will be at this year's Wellness EXPO - use with story four

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Reflexology 101

One of the services Casaroma Wellness Centre offers is foot reflexology.

Foot reflexology involves doing a series of movements over the feet to see how the feet respond. This lets a reflexologist know what's happening inside the body.

It's a non-invasive way of being able to get inside the body to see where the stresses are being held," says one of Casaroma's co-owners, Laurena (Lee) Fisher. "It's very relaxing in most cases."

A reflexology treatment starts out with a foot bath and uses soft music and lighting and aromatherapy to ensure the client is at ease.

"The whole point of it is not only to see what's going on inside the body, but to bring the body back into a relaxation mode called homeostasis," says Fisher. "And where homeostasis is, that's where the body starts to heal itself."

ORGANICS

What do we mean by 'Organic'?

The word's all over stores these days. Meat, milk, cheese and yogurts advertise their organic ingredients; cereals too. 'Organic' shows up on signs above produce, some of it priced at a premium. But what's in a name? For a lot of people, organic just means healthy or safe. There's actually far more to it.

In Canada, no product can be labelled or advertised 'organic' unless it's composed of 95 per cent or more organic content. It must be produced in a manner consistent with the Canadian Organic Standards, and certified by a body accredited under the Canada Organic Regime. Products claiming to be 'organically grown,' 'organically raised,' or 'organically produced' must back up those claims. If the product has multiple ingredients, all organic contents must be identified as such on the packaging.

Organic foods are grown, processed, distributed, and sold according to strict standards, and with a particular philosophy in mind. For livestock, that means a life of humane treatment, free of antibiotics and synthetic hormones. Cloned animals are not considered organic. For crops, it means biological diversity within the farm; optimizing yield without resorting to toxic and persistent pesticides and fertilizers.

The production of organic foods should also maintain the environment, not strain it. Organic practices are expected to minimize soil degradation, decrease pollution, and maintain soil fertility long-term. Use of recycled materials and renewable energy sources should always be encouraged. Processing should be achieved without artificial ingredients, preservatives or irradiation. The handling, packaging, and shipping of the products should do nothing to compromise this.

A smart consumer is an informed consumer. Now that you know what goes into making the organic products in your local shops and markets, you'll be certain you're buying those best suited to your family's needs.

Organic food no longer just a specialty item

More and more Canadians are recognizing the benefits of organic food and making it part of their daily diets. When first introduced to the market, organic food was deemed a specialty item with little selection and limited availability. In response to the increasing consumer demand for organics, the industry has grown exponentially. A wide assortment of options, including packaged goods and snacks, are now available to consumers across the country.

Why 'go organic'?

- The absence of pesticides and other chemicals in the production of organic food means that more nourishing food ends up on the dinner table.
- Certified organic producers harvest crops in ways that are less impactful to the environment and surrounding ecosystem. Crops are rotated to enrich the soil, wildlife is encouraged by the inclusion of foliage crops and water resources are protected and reserved.

To make it easy and affordable for Canadians to include organic products in their daily diets, Shoppers Drug Mart and Pharmaprix recently introduced Nativa, a new exclusive line of organic products. Featuring more than 200 organic food items, including snacks, pasta, cereals, soups, coffee/ tea , jams and condiments, the line offers customers a large assortment of delicious and affordable certified organic products.

The line has resonated with Shoppers Drug Mart and Pharmaprix customers who love the convenience and affordability. "As a family, we're pretty health conscious and we love the Nativa brand of food and snacks," said Beverly Day, Shoppers Drug Mart customer.

Certification

While many products claim to be organic, before you make your purchase ensure the product has been certified organic by an authorized body. Choose well-respected brands, like Nativa Organics, which ensure adherence to strict guidelines, are third-party certified and come with a full money-back guarantee.

For more information about Canada's organic food industry, visit Agriculture and Agri-Food Canada at www.agr.gc.ca

Guilt-free snacking

Canadian families continue to embrace organic foods, making them a part of daily life. In addition to organic meal choices, consumers are increasingly choosing organic snacks. It may surprise some to hear that the snack category is one of the most successful categories of the Nativa Organics line at Shoppers Drug Mart – a testament to the fact that Canadians are increasingly looking for organic alternatives for snacking.

Like other organic food products, Nativa Organics snacks are made with ingredients grown without chemical fertilizers or harmful contaminants and do not contain any artificial ingredients or preservatives, making them a healthier snack option. Be sure to check labels to ensure the product has been certified organic by a credible third-party and enjoy your snack – guilt-free!





Be good to yourself. Be good to the earth.™

Discover a wholesome and delicious selection with Nativa® - our exclusive line of premium quality Certified Organic products that adhere to the most stringent of organic standards. From baby food to snacks, meal choices and beverages, Nativa offers healthier choices and great value - every day.

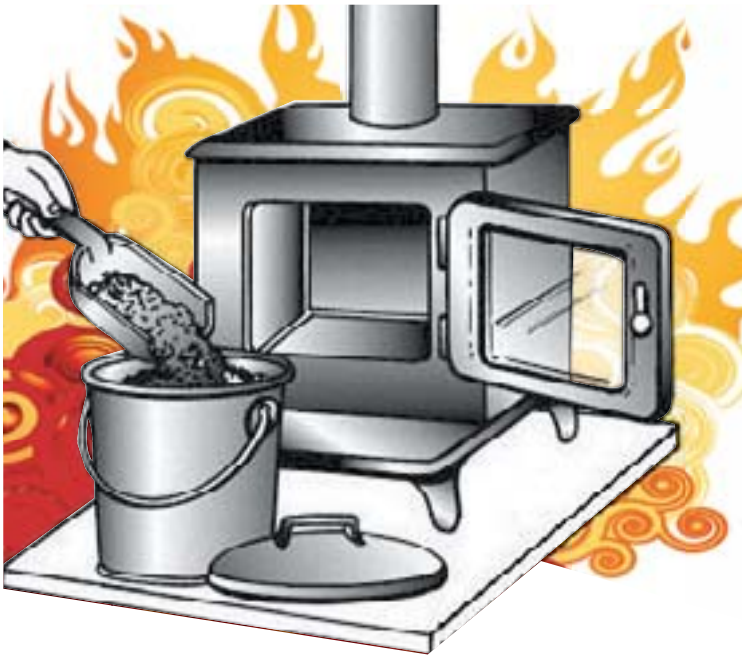


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Watch Your Ashes



Ashes should be stored in a metal container with a tight fitting lid placed outside and away from your home and any other combustibles.

The only time ashes are safe is when they are completely extinguished.

This ensures there is no heat, no sparks and not a single ember.

When it comes to safe ash removal, the danger is in the small embers mixed and buried within the ashes.

These embers can stay dormant for several days because the ashes act as an insulator keeping embers from fully burning out.

Even when these ashes are disposed of in a proper container (metal can with an elevated bottom and tight fitting lid), and placed on a non-combustible surface- safe removal is not yet complete.

There is no set time for determining complete extinguishment of ashes- as it depends on several factors;

- Size of the embers
- Type of wood burned
- Type of ash can used

If you are unsure, please err on the side of caution and leave the ashes in the container for a few days longer.

Fire Safety Tips For Students:
Cooking Fire Safety

- Most home fires start in the kitchen
- Never leave a hot stove unattended
- Keep combustible material such as potholders, paper towels and oven mitts away from the stove top
- Do not try to remove a flaming pan. Cover it with a lid, and turn off the burner
- Cook french fries or other foods in a conventional oven, microwave or in a thermostatically controlled deep-fat fryer. Never use a sauce pan of oil on a stove-top burner

Candle Fire Safety

Never use candles during a power outage for light. Instead, us battery operated lighting. Always place candles on a sturdy, uncluttered surface, away from children and pets. Ensure candle holders will not tip over easily, are made of material that will not burn, and are large to hold dripping wax.

Keep candles away from curtains, blinds, newspaper, and upholstered furniture.

Light the candle carefully, keeping hair and loose clothing away from the flame.

Do not place candles near doorways or windows where a draft could bring combustibles in contact with the flame, or knock over the candles.

Extinguish all candles before leaving the room, and before going to bed. Never use candles in the bedroom.

Use a candle snuffer to extinguish candles.

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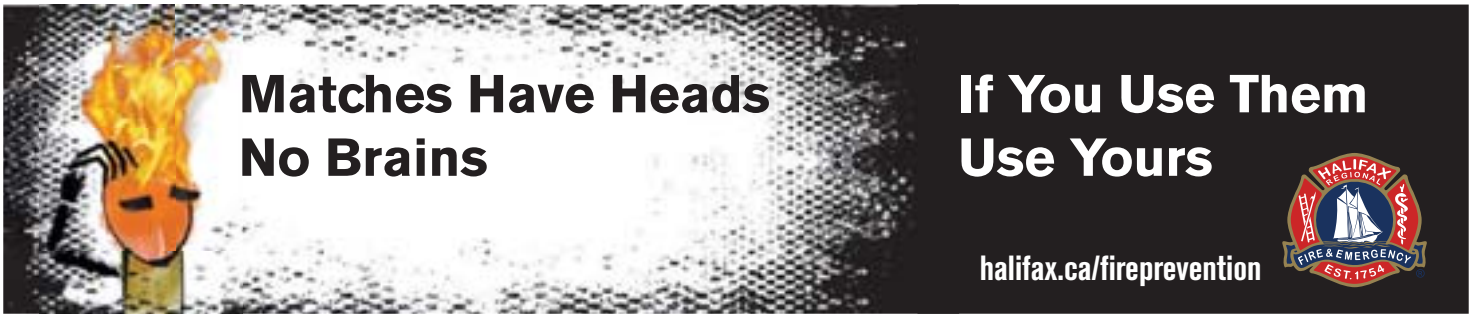
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SFPE PROFESSIONAL MEMBER





Fall is the sign to start stewin'

This fall, when that mood strikes (or there's a crowd to feed), consider veering off the traditional recipe path and trying this somewhat unconventional, yet still classically comforting, fragrant coconut-lime beef stew.

Fresh ginger, ground coriander, cumin and turmeric season a rich, coconut milk-based sauce that gets zing from fresh lime juice and lime zest, plus a touch of heat from a pinch or two of cayenne pepper. Serve over a helping of steamed white or brown rice.


▶ A fragrant coconut-lime beef stew.

Fragrant Coconut-Lime Beef Stew

Preparation:

1. Heat oven to 160 C (325 F).
2. In a large Dutch oven over medium-high, heat 15 ml (1 tbsp) of the oil. Add onion and saute until it begins to colour, 7 to 8 minutes. Add garlic, ginger, coriander, cumin, turmeric and cayenne pepper. Cook until fragrant, about 1 minute longer. Transfer mixture to a large plate.
3. Return Dutch oven to burner. Increase heat to high and add another 7 ml (1 1/2 tsp) of the oil to the pot. When oil is hot, add a quarter of the beef and cook until well browned on all sides, about 3 minutes. Transfer to plate. Brown remaining beef in 3 more batches, adding oil as needed.
4. Return onion mixture and browned beef to pot. Stir in coconut milk, lime zest, lime juice, brown sugar, 2 ml (1/2 tsp) salt, bay leaves and baby carrots. Bring mixture to a simmer, cover, then place in the oven for 1 1/2 to 1 3/4 hours or until beef is tender. Alternatively, stew can be simmered over low heat on the burner.
5. Season with salt. Serve garnished with chopped peanuts, if desired. Makes eight servings.

THE ASSOCIATED PRESS

Ingredients :

- 45 ml (3 tbsp) canola oil, divided (approx)
- 1 medium yellow onion, chopped (about 250 ml/1 cup)
- 5 cloves garlic, minced
- 15 ml (1 tbsp) minced fresh ginger
- 7 ml (1 1/2 tsp) ground coriander
- 7 ml (1 1/2 tsp) cumin
- 2 ml (1/2 tsp) turmeric
- 0.5 ml (1/8 tsp) cayenne pepper, or more to taste
- 1.5 kg (3 lb) beef chuck, cut into 2.5-cm (1-inch) chunks
- 1 can (398 ml/14 oz) unsweetened coconut milk
- 5-cm (2-inch) strip lime zest
- 30 ml (2 tbsp) lime juice
- 15 ml (1 tbsp) brown sugar
- 2 ml (1/2 tsp) salt, plus more to taste
- 2 bay leaves
- 500 g (1 lb) baby carrots
- 125 ml (1/2 cup) chopped peanuts (optional)

Don't forget the perfect wine for this Thanksgiving


PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Any holiday that ends with a good meal is OK in my book; especially when wine is at the heart of the celebration.

Thanksgiving is arguably the ultimate in family food fests because it shines the spotlight on things we already have rather than an orgy of gift giving, which means whatever's on the table can really shine.

With its well-rounded strawberry-meets-cherry fruit and typically smooth silky flavours pinot noir is our go-to red grape. The Lindemans 2008 Bin 99 Pinot Noir ($12.00 - $12.99) from Australia offers great value to go along with its balanced profile.

For an all-purpose white, a bottle of New World chardonnay or riesling would match nicely with the big bird and all its fixings.

Prices reflect the range across the country. Some products may not be available in all provinces.

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Ice cream you'll melt for



"We wanted to produce ice cream made with Canadian milk and cream, not a frozen dessert made primarily with vegetable oils." says Michael Lovsin.

He would know. The Senior Vice President of Loblaw Brands Ltd. remembers a product launch so successful that even he was overwhelmed by it—and Canadian cream helped make it possible.

The product in question is President's Choice® Ice Cream Shop Flavours ice cream: a selection of 14 nostalgic and traditional flavours, ranging from Vanilla and Mint Chocolate Chip to Sprinkle Party Cake. It was launched in May 2010, and promoted by four hot-pink ice cream trucks, touring Canada coast-to-coast, serving samples to eager kids and grown-ups alike. Featured prominently on each truck was the 100% Canadian Milk symbol – a guarantee that the ice cream inside was made with cream produced from 100% Canadian milk.

"Consumers can encounter an array of products," explains Michael. If a vegetable oil-based product is called a 'frozen dessert,' and it looks like ice cream, many assume it is ice cream. That's why our President's Choice® Ice Cream Shop, Loads Of, and Cream First ice creams are made with Canadian cream, and bear the 100% Canadian Milk symbol. Our customers know exactly what they're buying."

By July 2010, only two months after the launch of the President's Choice® Ice Cream Shop Flavours brand, production of its top flavours had to be doubled to keep up with the exploding demand. Clearly consumers loved our flavours.

"Life's about choices," says Michael. "As a retailer, we made one too. We chose to make our ice cream with quality ingredients, and made sure our customers knew it. They did the rest."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk





100% CANADIAN MILK

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We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

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A message to gay teens: It Gets Better

Lisa DiFederico wasn't out in high school, but the other kids decided there was something different about her, and that they should bully her for it.

"I don't think high school is easy for anyone," DiFederico, 27, said in a YouTube video posted recently. "Put gay on top of that and you've got yourself a pretty difficult situation."

DiFederico was pushed in the halls and attacked online. But when she moved to Windsor for university, it got better.

For the first time in her life, DiFederico met someone who was openly gay — a woman who happened to be her housemate. When she came out to her friends and family shortly after that, she was met with "surprising support."

DiFederico says she didn't hesitate before contributing to sex columnist Dan Savage's It Gets Better project. Since its launch in response to the suicide of Billy Lucas, a 15-year-old from Indiana who was the victim of anti-gay bullying, the project has received a flood of contributions.

Savage and husband Terry began the project with a message for teenagers struggling with homophobia: High school will probably be the worst time of your life, but things will improve. "However bad it is now, it gets better," he says. "And it can get great, it can get awesome."

TORSTAR NEWS SERVICE

lack of support

- **Although Canada** is known for being progressive when it comes to gay rights, teenagers here still face homophobia and a lack of support

TORONTO COUPLE FOUND LOVE ON THE HIKING TRAIL

How We Met: Wayne & Lynn

Names: Wayne, 45, and Lynn, 40

Hometown: Toronto

Together since: February 2007

Their story:



▶ Wayne and Lynn spent six months getting to know each other as part of a Toronto hiking club before they began dating.

"When I (Lynn) moved to Toronto from Vancouver, I was so anxious about not being able to hike and camp like I did in B.C. ...

"So, I joined a hiking club and that's where I first met Wayne.

"Many men take it as rejection when women say they just want to be friends first, but not Wayne! We were friends for about six months before we started dating.

"Since then, we've discovered so many beautiful outdoor spaces together, in Ontario and beyond. We recently went canoeing and camping in Temagami; the wilderness was amazing and we were the only people on the lake camping on a small island. It was there that Wayne proposed to me as the sun was rising. Our wedding will take place in 2011 in Taiwan, and then it's back to Toronto to continue our life journey together."

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RRSP BORROWING?

There are two ways to borrow from your RRSP. First is through the RRSP Home Buyers' Plan, for first-time home buyers, and second is through the Lifelong Learning Plan, for educational expenses. These Canada Revenue Agency programs allow you to withdraw funds without a tax penalty. If you 'borrow' outside these programs before retirement to pay for a trip or a car, the withdrawal is considered income in the year you received the funds and you'll pay hefty taxes.

Check some Government of Canada websites for full details on both of these plans.

These plans make sense for some people, but there are drawbacks. First, when you take money out of your RRSP, you lose the power of compounded interest and re-invested returns on those funds. Money grows exponentially over time and when you reduce the money in your RRSP account, you earn less interest and sacrifice potential returns. There are other pitfalls as well, make sure to research them all and realize the primary benefits of the plans are home ownership and education — weigh the pros and cons to make an informed decision.

It's time to make a financial plan

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



A financial plan is a blueprint for the money side of life.

It's financial planning week. Granted, not as exciting as Thanksgiving or Halloween but bear with me. If I could reduce your stress, make you happier and more secure would you start to get a bit more interested?

There's one fairly easy step you can take to accomplish all of the above — make a financial plan. According to the Financial Planning Standards Council, which oversees the Certified Financial Planner or CFP designation, only one in five Canadians has a financial plan.

"And I need one because?" you ask. Well, those who have a comprehensive financial plan (read: know where they are and where they're going financially) are twice as likely to feel prepared to weather difficult economic times. And they're almost twice as likely to have peace of mind about their financial situation as those who have never done any money planning.



▶ A financial planner can be an important aide.

And peace of mind equals reduced stress. Right?

If I have you convinced the exercise is worthwhile, you might wonder about the what and where of financial planning. The process involves six elements; household budgeting, tax, retirement, estate planning (including life insurance), investing (as well as saving) and debt management.

A CFP, or certified financial planner, will have all the tools to put together a comprehensive plan. But, in the wake of some horrible investment experiences recently many are leery of advisors who are paid largely through the products they sell, such as insurance and mutual funds.

Fair enough. One option is a fee only or fee-for-service planner. About seven per cent of CFPs operate on this basis where you pay for their advice, just as you would a lawyer.

Whichever kind of advisor you choose, ask, "How and how much are you paid?" And ask them to disclose anything they don't sell because there is no commission attached to compensate them.

The good ones will applaud your diligence.

Interest rates/ Savings accounts

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HSBC	0.85%
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PCF	1.50%
RBC	1.15%
SCOTIA	1.30%
TD	1.15%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

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with Keynote Speaker:



Dr. Louise Parker

Dr. Parker is a Principal Investigator for Atlantic PATH, holds the Canadian Cancer Society (Nova Scotia Division) Endowed Chair in Population Cancer Research, is Professor of Pediatrics and Medicine at Dalhousie University and is Research Director for Cancer Care Nova Scotia. Her major research interests include investigation of the cause of childhood cancer, cancer outcomes and lifelong influences on adult health.

An interactive panel-discussion will commence after Dr. Parker's Keynote Address, with experts in health economics, biomarkers, obesity and survivorship.

Wednesday, October 6, 2010
6:30-8:30pm (doors open at 6:00)
Ondaatje Auditorium, McCain Bldg.
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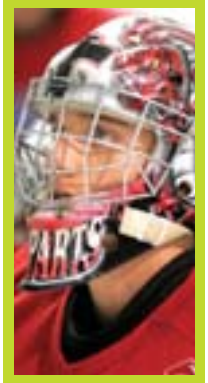
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4 sports

Quoted



"There's a good chance he stays with the Canadiens (organization). Right now we're discussing (the details of a contract)."

JEAN-PIERRE LAREAU, THE AGENT OF HALIFAX MOOSEHEADS GOALTENDER PETER DELMAS, ON HIS STATUS WHILE AT TRAINING CAMP WITH THE MONTREAL CANADIENS' TOP MINOR-LEAGUE AFFILIATE, THE AMERICAN HOCKEY LEAGUE'S HAMILTON BULLDOGS.

Scan code for sports

QMJHL

ATLANTIC DIVISION

	W	L	OTL	Pts
MONCTON	6	2	2	14
ACADIE-BATHURST	6	3	0	12
SAINT JOHN	5	2	1	11
P.E.I.	4	4	0	8
HALIFAX	3	6	1	7
CAPE BRETON	3	6	0	6

EAST DIVISION

	W	L	OTL	Pts
QUEBEC	7	0	1	15
RIMOUSKI	5	4	0	10
LEWISTON	4	4	2	10
VICTORIAVILLE	4	3	1	9
CHICOUTIMI	4	3	1	9
BAIE-COMEAU	1	7	1	3

WEST DIVISION

	W	L	OTL	Pts
DRUMMONDVILLE	7	1	1	15
MONTREAL	5	1	2	12
SHAWINIGAN	5	3	1	11
VAL-D'OR	4	3	1	9
GATINEAU	3	4	2	8
ROUYN-NORANDA	3	5	0	6

YESTERDAY'S RESULTS

No Games Scheduled.

TODAY'S GAMES

Drummondville at Rouyn-Noranda, 8:30 p.m.

TOMORROW'S GAMES

P.E.I. at Victoriaville, 8 p.m.
Cape Breton at Gatineau, 8:30 p.m.
Chicoutimi at Rimouski , 8:30 p.m.
Drummondville at Val-d'Or, 8:30 p.m.

THURSDAY'S GAMES

No Games Scheduled.

FRIDAY'S GAMES

Montreal at Halifax, 8 p.m.
Victoriaville at Lewiston, 8 p.m.
Baie-Comeau at Quebec, 8 p.m.
Acadie-Bathurst at Gatineau, 8:30 p.m.
Shawinigan at Rimouski, 8:30 p.m.
P.E.I. at Rouyn-Noranda, 8:30 p.m.
Moncton at Saint John, 8:30 p.m.
Cape Breton at Val-d'Or, 8:30 p.m.

QMJHL LEADING SCORERS

	GP	G	A	P
J. Audy-Marches., Que	8	6	14	20
P. M. Devos, Vic	8	5	14	19
J. Champagne, Que	8	7	10	17
T. Filippi, Que	8	10	6	16
G. Levesque, Bat	9	5	10	15
Alex Saulnier, Mctn	10	5	10	15
Allain Saulnier, Mctn	10	4	11	15
Guillaume Asselin, Chi	8	5	9	14
Alex Wall, Que	8	3	11	14
Pierrick Martel, BaC	9	7	6	13

RYAN TAPLIN/METRO HALIFAX



▶ All-star midfielder Jon Cordoba, left, will be key for Halifax Dunbrack City Mazda at nationals this week.

'We're equipped to do well': Jazic

Dunbrack brings new look, different approach to nationals



MATTHEW WUEST
@METRONEWS.CA

There's a new club on the block at the Challenge Cup Canadian men's soccer championship.

And Halifax Dunbrack City Mazda is hoping for a Bluenose breakthrough as it replaces Halifax City at nationals in Charlottetown, P.E.I., starting tomorrow.

Halifax City went to six Challenge Cups in seven years but was unable to earn a medal.

"We're hoping to have better luck than they had," said Dunbrack head coach Alan Jazic. "They're a more direct approach with a lot of long balls; we spread the field around and pass it around. I'm hoping against the best teams across the country, (our style) will fit in very well."

Dunbrack went 10-1-3 in the regular season before ousting regular-season champion Suburban FC in a hard-fought championship game. They are anchored by the all-star cast of keeper Ben Ur, defenders Shawn Kodejs and Kerry Weymann, and midfielder Jonathan Cordoba, as well as the high-scoring sibling duo of Ali and Ryan Devereaux up front.

"We have special, game-breaking players and a good balanced squad," Jazic said. "We're equipped to do well."

Game-time

▶ Dunbrack opens nationals tomorrow at 4 p.m. against Quebec's Beauport Royal Select.

Dunbrack women aim high

Halifax Dunbrack Rooms Plus is gunning for gold at the Jubilee Trophy Canadian women's soccer championship.

Dunbrack, which followed up Halifax City's gold-medal showing in 2008 with bronze in 2009, opens the event tomorrow against Winnipeg's WSA North Stars in Charlottetown, P.E.I.

Dunbrack recruited Ally Read and Hannah Abenheimer from City's gold-medal-winning team and hopes they help them take the next step.

"We're going to be looking to get into that gold-medal game, and these guys have the experience to help get us there," said head coach Jack Hutchison. The losses of all-star defenders Rica Santilli (injury) and Laurel Fougere (university commitments) could hurt Dunbrack's chances.

MATTHEW WUEST

METRO FILE



▶ Jack Hutchison

Sports in brief

Moosehead Dry take 3-1 lead in NSSBL finals

BASEBALL. Dartmouth Moosehead Dry is a win away from its second straight Nova Scotia Senior Baseball League title.

Former league MVP Jason Bailey earned the victory as the Dry edged the Halifax Molson Canadians 5-4 last night at Beazley Field to grab a 3-1 lead in the best-of-seven series.

Game 5 is tonight at 7:30 p.m. at Beazley Field.

Gatineau goalie nets honour

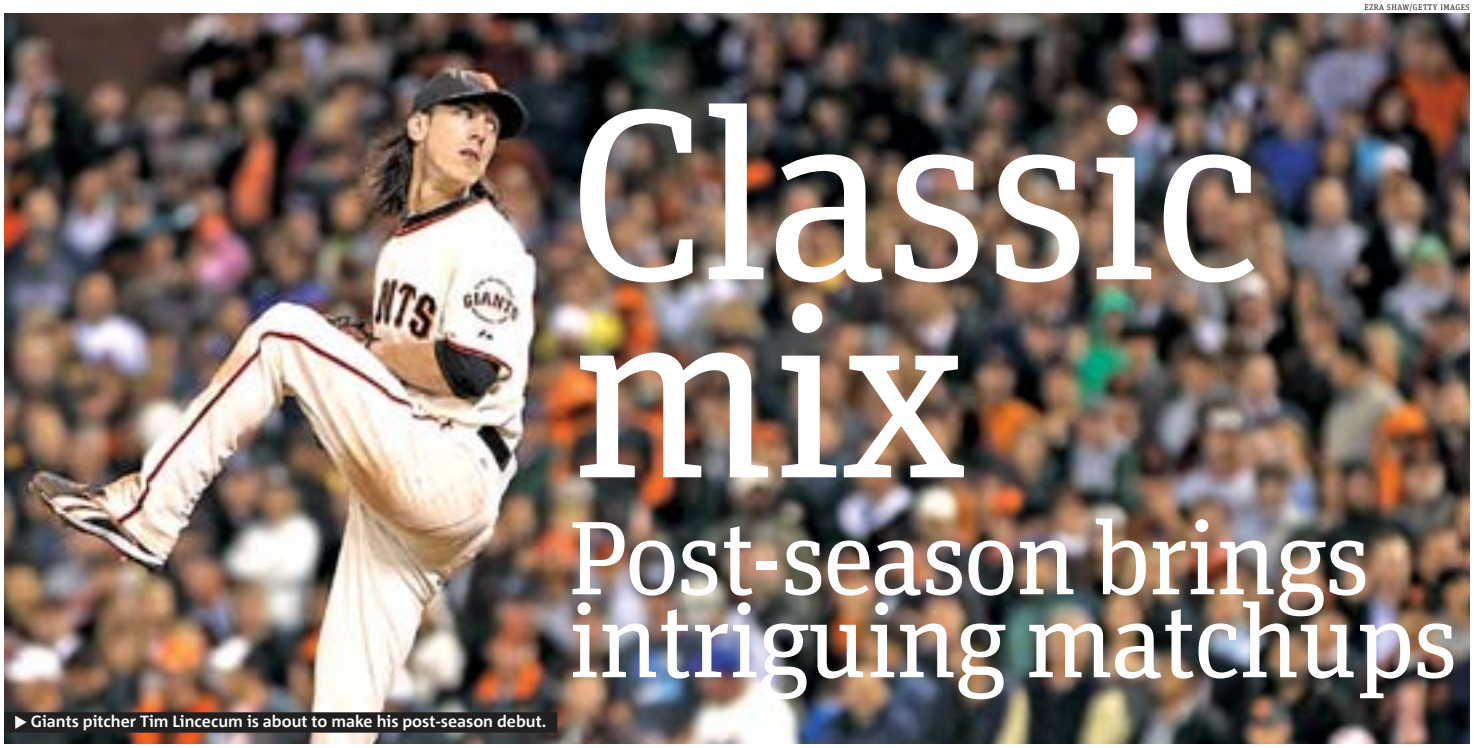
QMJHL. Gatineau Olympiques goaltender Maxime Clermont has been named the QMJHL's first star of the week.

He had two wins, a 1.64 goals-against average and a .939 save percentage in three starts.

METRO HALIFAX

Baseball playoff preview

EZRA SHAW/GETTY IMAGES



Classic mix

Post-season brings intriguing matchups

▶ Giants pitcher Tim Lincecum is about to make his post-season debut.

Start with playoff newcomers Roy Halladay and Tim Lincecum. Throw in rocket-armed rookies Aroldis Chapman and Craig Kimbrel. Add a dash from pickups Cliff Lee and Lance Berkman. Mix in banged-up Josh Hamilton and Evan Longoria.

Sounds like a pretty tasty October pie.

With all the matchups set after Game No. 162 — no tiebreakers necessary this year — baseball launches into the post-season tomorrow.

"Words can't describe it," San Francisco second baseman Freddy Sanchez said. "This is what I've played for ever since I was a little kid."

Tampa Bay ace David Price will throw the first pitch against the Texas Rangers, the only current major league franchise that's never won a playoff series. The afternoon opener will be played under new rules — Major League Baseball made a change yesterday, saying popups that hit the two highest catwalks at Tropicana Field are now dead balls, rather than in play.

16

Number of seasons played by Phillies utilityman Mike Sweeney before reaching the playoffs this year, the most among active major league players. Other longtime veterans about to make their first post-season appearance include Texas third baseman Michael Young, Giants first baseman Aubrey Huff and Phillies pitcher Roy Halladay.

Next up, the two-time defending NL champion Phillies host Cincinnati. Former Toronto Blue Jay Halladay starts Game 1 against Edinson Volquez, with Philadelphia aces Roy Oswalt and Cole Hamels to follow in a formidable rotation.

The Reds are making their first post-season appearance since 1995. They rewarded manager Dusty Baker yesterday with a two-year contract extension through 2012.

"I think we got here sooner than a lot of people thought — to the playoffs," general manager Walt Jocketty said. "I think a lot of it is due to Dusty's leadership."

The World Series-champion New York Yankees visit Minnesota tomorrow night for the first post-season game at Target Field. No need to worry about playing outdoors, either — it's supposed to be sunny with temperatures around 24 C this week.

CC Sabathia, a workhorse throughout the last post-season, starts against Twins lefty Francisco Liriano. After his numbers dropped this year, Derek Jeter hopes to be at his best in October, as he often is.

Thursday, the wild-card Atlanta Braves and retiring manager Bobby Cox begin their best-of-five division series at San Francisco. Lincecum, a two-time Cy Young award winner, pitches for the Giants against Derek Lowe. The Giants and Braves clinched their playoff spots Sunday, eliminating San Diego.

"This is what it's all about," Atlanta closer Billy Wagner said. "You play all year long and it comes down to the last game and you get the champagne shower." THE ASSOCIATED PRESS

EZRA SHAW/GETTY IMAGES



Big boosts

Once again, left-handed ace **Cliff Lee** could become a major factor. He won twice for the Phillies in the World Series last year after Philadelphia got him in mid-season, and this year Texas acquired him from Seattle before the all-star break. Houston was going nowhere when it traded Lance Berkman to the Yankees and Roy Oswalt to the Phillies. Minnesota helped itself by getting closers Matt Capps and Brian Fuentes, and the Giants added late punch with Jose Guillen, Pat Burrell and Cody Ross.

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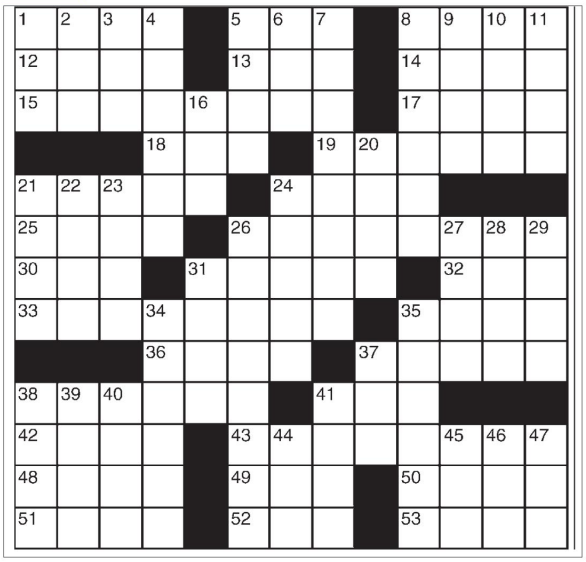
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Crossword



Across

1 Galley supply
5 Affirmative reply
8 Pack cargo
12 Scram
13 "— Blue?"
14 Robust
15 Fin
17 Vicinity
18 Family member
19 Lethargy
21 Discard
24 Select
25 Talon
26 Significant detail
30 Chic no more
31 Legends
32 Before
33 Chink in the armor
35 Stare
36 Fender bender
37 Bad lighting?
38 Old brand of TV sets and radios
41 Literary collection
42 Vega's constellation
43 Sentimental weakness
48 Fairy-tale preposition
49 Basketball coaching legend Hank
50 Pontiff
51 Amateur-night ringer
52 Round Table address
53 Location

Down

1 Vacationing
2 "The Greatest"
3 Gun the engine
4 Teeter-totter
5 Shrill barks
6 Comedian Philips
7 Be patient
8 Hammerheads et al.
9 Rainout cover-up
10 Margarine
11 Have on
16 Taste the tea
20 Publisher Adolph
21 Garbage barge
22 Hint
23 — -tat-tat
24 French physicist with a tube named for him
26 Trance-like state
27 Pod occupants
28 Ricelike pasta
29 Adolescent
31 Fraction of a min.
34 "Constant Craving" singer
35 Clutches
37 Pismire
38 Advertise
39 Injection, for short
40 Pressing need?
41 Distant
44 Sapporo sash
45 Luau bowlful
46 Choose
47 Fairway entrance

▶ Yesterday's answer

J	A	G			S	T	A	K	E			S	P	A
O	V	A			A	I	K	E	N			E	A	R
B	A	B	Y	G	R	A	N	D				A	C	T
			A	G	E			D	I	S	N	E	Y	
J	A	M	M	E	D			O	N	L	Y			
A	N	I			D	O	H			G	O	O	U	T
I	N	N	S			F	O	B			T	U	T	U
L	O	O	N	S			G	O	D			N	A	B
			R	A	M	S			L	A	U	G	H	S
D	E	S	P	O	T				O	L	D			
E	M	U			K	I	D	G	L	O	V	E	S	
A	M	I			E	L	E	N	A			A	G	O
R	A	T			D	E	G	A	S			N	O	W

Sudoku

1	5		7					
		7		6		5		
			2					8
	1				7		6	
4			3		8			5
	2		5				3	
7					3			
		8		9		3		
					4		1	9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	6	3	5	1	4	2	8	7
8	4	7	2	9	3	6	1	5
5	1	2	8	7	6	4	3	9
2	5	4	9	6	8	1	7	3
6	3	8	7	5	1	9	2	4
7	9	1	3	4	2	5	6	8
1	8	6	4	3	9	7	5	2
4	2	5	1	8	7	3	9	6
3	7	9	6	2	5	8	4	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Ava, It's hard to believe a year has gone by so fast since you entered our lives. Happy 1st birthday baby girl, we love you so much.
LOVE MOMMY, DADDY & MAYA

Alina datsko; My world, my reason, my life. I love you so very much. When I look into your eyes, I see a future for us. I deserve a kiss for this. Happy birthday and happy 15 months!!
JRR TJR DEUCES, JULIAN RAHAMAN

Kerrie, When I first saw your abnormally white hair (sorry babe) I knew it was love at first sight! I love you more than you could imagine.
FOREVER YOURS, DEAN.

Dear Janet! :) This was by far the best way to wish you a happy 10 months and sorry for not texting it to you, but I thought it'd be better if I published it for the world to see! And it's beside the horoscope, so no page flipping for you! Anywho iloveyou and enjoyed being with you for these 10 months! :)
CHEERS -TARUN :)

Today 18°/9° Mainly sunny

Wednesday 16°/11° Partly cloudy

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Make things happen. Command respect from those you live and work with. The one thing you must not do, however, is make unreasonable demands.

♉ Taurus April 21-May 21 You will be confronted by a major challenge of some kind today, the kind that most people would give up on without even trying. But you're not most people so roll up your sleeves and get stuck in.

♊ Gemini May 22-June 21 You are not in the mood to play games and with Mercury, your ruler, aspecting planet Pluto, anyone who annoys you will very soon regret it. Your tongue can be a dangerous weapon.

♋ Cancer June 22-July 22 Stand your ground today and refuse to be intimidated by people who talk tough but don't have much to back up their talk. You're more courageous than they are.

♌ Leo July 23-Aug.23 Be assertive today but don't come on so strong that you turn people against you. What you always need to keep in mind is that others have feelings, too. Treat them with respect.

♍ Virgo Aug. 24- Sept. 22 With Mercury, your ruler, squaring up to Pluto today you won't hesitate to use a little muscle to get what you need. Sometimes it's not enough to ask for what you want, sometimes you have to turn the screw.

♎ Libra Sept. 23-Oct. 23 With the Sun, Mercury and Saturn moving through your sign, this should be a time of success. But because Mercury is at right angles to Pluto today you must make sure you stay within the rules or you'll be punished!

♏ Scorpio Oct. 24-Nov. 22 Has someone got it in for you? Do they intend to do you harm? It's possible, but more likely it's just your mind playing tricks on you. Be rational, not emotional.

♐ Sagittarius Nov. 23-Dec. 21 It's easy to get impatient with people who don't think or act as fast as you. You can't change the way others behave, but you can change your attitude. Try it.

♑ Capricorn Dec. 22-Jan. 20 Nothing stays the same and today's Mercury-Pluto link will make it plain to you that the changes now taking place are unstoppable. Don't fear them or fight them, flow with them.

♒ Aquarius Jan. 21-Feb. 18 There are times when you take life too seriously and this is one of them. You did something wrong? So what? Each day is a new beginning, so start over.

♓ Pisces Feb. 19-March 20 You'll have to make a tough decision today, the kind you would give anything to avoid. Like it or not, the responsibility has fallen on your shoulders, so make it and move on quickly. ● SALLY BROMPTON

KERSTIN JOENSSON/THE ASSOCIATED PRESS

Caption contest



JON SUPER/THE ASSOCIATED PRESS



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Deals of the week

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DOMINICAN REPUBLIC

Puerto Plata via Toronto
Casa Marina Beach & Reef Resort • 3 1/2★
All-Inclusive
Standard garden view rm.
Oct. 8 – 29 • 1 wk.
$459
+Taxes & other fees (including service charges): $325

Punta Cana via Toronto
Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Oct. 16 & 30 • 1 wk.
$739
+Taxes & other fees (including service charges): $325

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Oct. 9 – 31 • 1 wk.
$1039
+Taxes & other fees (including service charges): $232

TURKS & CAICOS via Toronto

Ocean Club West Resort • 4★
Studio suite
Nov. 7 – 28 • 1 wk.
$1249
+Taxes & other fees (including service charges): $232

CUBA

Santa Clara via Toronto
Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Oct. 9 & 16 • 1 wk.
$579
+Taxes & other fees (including service charges): $240

Varadero via Toronto
Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Oct. 16, 17 & 24 • 1 wk.
$599
+Taxes & other fees (including service charges): $240

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Feb. 7, 21 & 28 • 1 wk.
PRIVILEGES
$1299
+Taxes & other fees (including service charges): $280

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Feb. 7, 21 & 28 • 1 wk.
PRIVILEGES
$1499
+Taxes & other fees (including service charges): $280

BAHAMAS

Great Exuma via Toronto
Hideaways at Palm Bay Beach Club • 3 1/2★
Garden view studio
Nov. 7 – 28 • 1 wk.
$839
+Taxes & other fees (including service charges): $214

MEXICO

Cancun/Riviera Maya
Gran Bahia Principe Coba • 5★
All-Inclusive • Junior suite
Apr. 17 • 1 wk.
$959
+Taxes & other fees (including service charges): $283

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Apr. 17 • 1 wk.
$999
+Taxes & other fees (including service charges): $283

Puerto Vallarta/Riviera Nayarit via Toronto
Dreams Villamagna Nuevo Vallarta • 4 1/2★
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Junior suite tropical view with Jacuzzi
Dec. 4 • 1 wk.
PRIVILEGES
$1249
+Taxes & other fees (including service charges): $295

USA

FLORIDA | Orlando via Montreal
***Disney's Pop Century* Resort • 3★**
Special offer 1 - Standard rm.
Dec. 7 & 8 • 1 wk.
$799
+Taxes & other fees (including service charges): $143

CRUISE

Princess Cruise Line[1]
Caribbean Princess
Southern Caribbean Cruise
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$1059
+Taxes & other fees (including service charges): $283

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Sorento EX-V6 Luxury shown

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Rio EX shown

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